

**RAINBOW MESSENGER**  
**JANUARY, 2006**

**DAILY ACTIVITIES:**



**WALKING** - In climate-controlled banquet room, twenty-five (25) laps equals a mile



**Outside Walking Trail** - 1/3 Mile



**FITNESS ROOM** - Open for your convenience Monday – Friday from 8:00 a.m. to 3:45 p.m. (We ask that you please register at the front desk when using the fitness room.)



**CARDS** - Card tables available for your use on a daily basis.



**BILLIARDS/POOL** - Pool tables available Monday – Friday from 8:00 a.m. to 3:45 p.m. except Wednesdays from 1:00 p.m. to 3:45 p.m.



**COMPUTER LAB** - The computer lab is available for your personal use daily. **FREE** computer assistance is available every Wednesday morning from 9:00 to 10:30 a.m.

**REGULAR SCHEDULED ACTIVITIES:**



- **EXERCISE CLASS** meets every Monday and Thursday mornings at 9:00 a.m. Remember there will not be a class on Monday, January 2<sup>nd</sup> because of New Year's Holiday.



- **CRAFTY CREW** schedule for Tuesdays in January.
  - January 3<sup>rd</sup> - Beaded Nightlights
  - January 10<sup>th</sup> - Votive Candle Holder
  - January 17<sup>th</sup> - Candle Making
  - January 24<sup>th</sup> - Stretch Bracelets
  - January 31<sup>st</sup> - Decoupage Boxes



- **LINE DANCE LESSONS** 6:30-8:00 p.m. Wednesday, January 4<sup>th</sup>, 11<sup>th</sup> and 18<sup>th</sup>. Class meets at 7:30-9:00 p.m. on Wednesday, January 25<sup>th</sup>. Cost of the session is \$3.00.

Please wear tennis shoes.



- **SINGING SENIORS** meet Friday mornings at 10:00 a.m. at the Arnold F. Habig Community Center. We will sing at the Good Samaritan Nursing Home on **Friday, January 20<sup>th</sup> at 10:00 a.m.**

- **BINGO** will be held on **Tuesdays, January 10<sup>th</sup> and 24<sup>th</sup>** with games beginning at 12:00 noon. We ask you to keep bills to \$5 and under or correct change. Thanks for your cooperation. Cost \$1.00 per card to play all 50 games. Beginning at 11:30 a.m. someone will be there to collect.

**RAINBOW MESSENGER**  
**JANUARY, 2006**



- **QUILTING BEES** will be held on **Mondays, January 9<sup>th</sup> and January 23<sup>rd</sup> from 9 a.m. to 3 p.m.** Lunch will be served.



- **CARD TOURNEYS**
  - **Thursday, January 5<sup>th</sup>** – Cinch Tourney.
  - **Thursday, January 19<sup>th</sup>** – (Low) Rum Tourney  
Games start at 12:00 (noon)



- **BLOOD PRESSURE CHECKS**
  - **Tuesday, January 10<sup>th</sup>** from 11:30 to 12:00 noon.

- **SUNDAYS:** The Older Americans at the Arnold F. Habig Community Center is open for card playing on Sundays from 1:00 to 4:00 p.m. In order for this to continue we need volunteers to sign-up to open. Please call 482-4455 to sign-up for a Sunday in January. We need your help in order to continue these extended hours.

- **Sunday, January 1<sup>st</sup> – Older Americans will be open 1-4 p.m.** Those attending are asked to bring finger foods to enjoy while celebrating the beginning of a New Year.

- **BILLIARDS LESSONS:** If anyone would like billiard/pool lessons, please contact Dave this winter about lessons. Call the Center at: 482-4455 to set this up.

- **SHEEPHEAD LESSONS:** Would anyone be interested in volunteering to teach Sheephead Lessons? Just call the Center at: 482-4455.

- **SPECIAL ACTIVITIES**

The **Lunch Bunch** will meet on **Monday, January 30<sup>th</sup> at 12:30 p.m. at Late Nite's** on the square. They have sandwich specials, soups and a pizza buffet. Sounds good doesn't it. Now you want to make plans to join us. Please call your reservations in to the Center by **3:00 p.m. on Thursday, January 26<sup>th</sup>.**

- **MONTHLY MEAL:** This month let's try a carry-in at **11:30 a.m. on Tuesday, January 17<sup>th</sup>.** The Center will furnish the fried chicken and drink for \$2.00. We request everyone to bring a covered dish. Reservations are due by **noon on Thursday, January 12<sup>th</sup>.** You can pay that day.

- **Movie Time:** **1:00 p.m. Thursday, January 12<sup>th</sup>** we will see **"ICE PRINCESS"**. The ones attending November's movie preview thought it would be good so let's give it a chance. Michelle Trachtenberg stars as Casey Carlyle in ICE PRINCESS "a physics geek turned figure skater. Casey observes skaters for a physics projects" to improve her skating she becomes her own "guinea pig". Come in to see if her formula works and what else happens.



- **2006 NEWLETTER:** For **\$6.00** we will mail your 2006 Rainbow Messenger Newsletter to you for the year. Get money, name & address in so you don't miss an issue. You can pick up at area Senior Citizen Centers for free if you wish.

- **CLOSINGS:** **The Older Americans will be closed:**

- **Monday, January 2<sup>nd</sup> for the New Year's Holiday.**

**ATTENTION:** In case of inclement weather if you are in doubt call us or listen to WITZ or WBDC radio stations for rescheduling or cancellations.

RAINBOW MESSENGER  
JANUARY, 2006

## HAPPY JANUARY BIRTHDAYS!!

3 <sup>rd</sup>	Kenneth M. Schnell
6 <sup>th</sup>	Ida Mae Welp
12 <sup>th</sup>	Frieda Kunz
13 <sup>th</sup>	Paul Campbell
14 <sup>th</sup>	Lucille Kuebler
18 <sup>th</sup>	Ethel Mann
20 <sup>th</sup>	Earlene Recker
21 <sup>st</sup>	Bernice Sermersheim
24 <sup>th</sup>	Lorraine Sergesketter
29 <sup>th</sup>	Eleanor Sermersheim
	Providence Home
30 <sup>th</sup>	Rosetta Vonderheide
	Good Samaritan Nursing Center



## HAPPY JANUARY ANNIVERSARIES!

27<sup>th</sup> Mr. & Mrs. Don Wineinger

- **AARP NEWS:** The Dubois County Chapter #1953 will have a special meeting for January 11<sup>th</sup>, 2006 at 1:30 p.m. at the Arnold F. Habig Community Center. We will have a guest speaker on Medicare Prescription Drugs.